

Extraction

You are receiving these instructions because you have just had an extraction. When you have had a tooth extracted (removed), you need to take care of your mouth. Doing certain things, even on the first day, may help you feel better and heal faster.

- Control Bleeding
 - To help control bleeding, bite firmly on the gauze for about 30-45 minutes. The pressure helps to form a blood clot in the tooth socket.
 - Depending on the amount or severity of bleeding, change the gauze as needed.
 - The bleeding should stop within 1-2 hours. If it does not, bite on a water-dampened tea bag. The tannic acid in the tea aids in forming a blood clot. Bite on the tea bag until the bleeding stops. Usually about 15-20 minutes.
- If Swelling Occurs
 - To reduce swelling, put an ice pack on your cheek near the extraction site. You can make an ice pack by putting ice in a plastic bag and wrapping it in a thin towel.
 - Apply the ice pack to your cheek for 10 minutes and remove it for 10 minutes. Repeat as needed.
- For Pain
 - If you CAN take Ibuprofen (NSAID's), take 400-800mg + Tylenol 500-1000mg together every 6 hours around the clock for 3 days.
 - If you CANNOT take Ibuprofen (NSAID's), just take Tylenol 500-1000 mg every 6 hours around the clock for 3 days.
 - Take Oxycodone 5mg every 4-6 hours as needed with the Ibuprofen and Tylenol
 - If given Norco for breakthrough pain, take 500mg Tylenol dose
 - ****DO NOT exceed 3200 mg Ibuprofen or 4000mg Tylenol in a 24hr period ****
 - **Caution: If you are pregnant, consult with your obstetrician before taking any pain medication. If you are prescribed antibiotics, please be aware that they may decrease the effectiveness of birth control.**
- Get Enough Rest
 - Do not do any heavy lifting or exercise for the first 72 hours after an extraction
- DO's:
 - DO eat a soft diet, healthy foods and snacks: It may be easier for you to eat soft foods soon after your extraction. Drink plenty of liquids while you're healing.
 - DO brush your teeth gently: Avoid brushing the extraction site for 24 hours.
- DON'TS:
 - DON'T drink with a straw: Sucking on a straw can dislodge the blood clot
 - DON'T drink hot liquids: Hot liquids may increase swelling. Limit your alcohol use, as it can slow down healing.
 - DON'T SMOKE: Smoking may break down the blood clot causing a painful dry socket. It will also slow down healing
 - DON'T sleep with gauze in your mouth
- Eating While You Heal
 - Eating right will help you heal faster after your extraction. Start with soft foods and liquids such as oatmeal, mashed potatoes, bananas and soup.
 - Drink plenty of water and liquids high in nutrients like vegetable juice and protein drinks.

- Move on to solid foods when you feel ready but cut into small pieces and ease into chewing. Use a blender for hard to chew foods like apples and carrots. AVOID crunchy and sticky foods like popcorn, taffy and nuts.
- Call Us If:
 - Pain becomes more severe starting on the 3rd day after the extraction
 - Bleeding becomes hard to control (oozing on the first 2 days is normal).
 - Swelling around the extraction site worsens after 72 hours
 - Itching or rash occur after you take medication (may be an allergic reaction)
- Follow-Up Visits
 - You may need your dentist to make sure you are healing properly. With the right care, your mouth should heal within several weeks. If you leave with sutures, please make an appointment for around 1 week to have them assessed or removed.